

# Young at Heart Senior Center of the Fairfax City Parks & Recreation Dept.

## General Information

### Welcome!



Please visit our website at:  
<http://www.fairfaxva.gov/ParksRec>

### Four Ways to Register for Classes and Trips:

Winter Registration began December 9 at 8:30am:  
*See day trip flyer for updated trip registration.*

1. **ONLINE:** available 24 hrs a day at:  
[www.fairfaxva.gov/ParksRec](http://www.fairfaxva.gov/ParksRec)
2. **WALK-IN:** Monday – Friday: 8:30am-5pm at  
City Hall Office, Stacy C. Sherwood Community  
Center, or Green Acres Center.
3. **MAIL-IN:** Signed and completed registration  
forms mailed to:  
City of Fairfax Parks and Recreation,  
10455 Armstrong St., Fairfax, VA 22030.
4. **FAX-IN:** Signed and completed registration forms  
Faxed to: 703-246-6321

#### Payment Methods Accepted

American Express, Discover, MasterCard or Visa.  
Checks payable to: *City of Fairfax*  
Payment must be made at the time of registration.  
Assumption of Risk Waiver, found on registration  
form, must be signed by all participants at time of  
registration.

The Fairfax City Senior Center invites you to join the Young at Hearts' for Fun and Adventures! Housed in the Green Acres Center, the Senior Center is a recreational center with numerous and varied activities for adults 55 years and better. A Senior Center registration form is REQUIRED before participating in any activities. We ask that you scan your membership card every time upon entering the building. More membership information located on top of next page.

We hope you get involved in the many Senior Center activities, free and fee-based classes, special events and trips this winter and spring!

The Fairfax City Parks and Recreation Department is constantly striving to keep our National Recreation and Parks Association gold medal standards and committed to our mission to enrich the quality of life in Fairfax City and maintain the unique hometown character that makes our City a special place to live, work and play.

### Senior Center Location

**Green Acres Center**  
4401 Sideburn Road  
Fairfax, VA 22030  
703-273-6090 TTY (711)

### Hours of Operation:

Monday through Friday:  
8 am to 5 pm

### Green Acres Senior Center Staff

**Anne Chase, BS, CPRP**  
*Recreation Manager and Senior Center Manager*  
[anne.chase@fairfaxva.gov](mailto:anne.chase@fairfaxva.gov)  
(703) 359-2487

**Kira Urano, BS**  
*Senior Center Assistant*  
[kira.urano@fairfaxva.gov](mailto:kira.urano@fairfaxva.gov)  
(703) 385-3943

**Kathy Carter, BA**  
*Trip Chaperone*  
[kathy.carter@fairfaxva.gov](mailto:kathy.carter@fairfaxva.gov)

**Jann Richards-Weltman, BS**  
*Recreation Assistant*  
[jann.weltman@fairfaxva.gov](mailto:jann.weltman@fairfaxva.gov)  
(703) 385-3943

**Kristen Tucker, BS**  
**Jill O'Regan, BS**  
*Support Staff*

# Important Information

## Young at Heart Membership Registration Information:

City & Fairfax County residents may become members Free of Charge after completing a Registration Form.

Non-residents of the City of Fairfax or Fairfax County will be charged a membership fee of

\$50 per year to join the Senior Center. An individual 55 years and over may also choose

a guest membership for a daily drop-in fee of \$5. Memberships are valid for a 12-month period and

can be purchased during Senior Center hours: Monday – Friday, 8:00 am – 5:00 pm.

Please stop by the Green Acres Front Desk to register and fill out a registration form.

## Updated Waiver Information to Participate in Programs and Activities:

The Fairfax City Parks & Recreation Department has updated the Waiver for participant use when taking part in any program – includes Liability Release, Code of Conduct, and Behavior Policy. Please review:

### Waiver for Fairfax City Parks and Recreation Participant:

*In consideration of the registrant being granted permission by Fairfax City, Virginia to participate in this program and associated activities, I hereby release Fairfax City, Virginia and its officers, employees, agents, and volunteers from any and all liability relating to or arising out of the registrant's participation. I authorize Fairfax City and its officials, employees, agents and volunteers, at any such person's discretion to administer emergency first aid treatment and at my expense to obtain the services of a physician(s) and/or rescue squad and authorize the same to effect such treatment of the registrant as they deem advisable. Participants in activities sponsored or co-sponsored by the Parks and Recreation Department consent to the department's use of any photograph, in film or videotape of the activity in any marketing or promotional materials. I further understand that Parks and Recreation classes are to be enjoyed by all from youth through adults. Participants that continually disrupt the class and/or program experience for others will be asked to withdraw from the class and/or program with expectation of a refund, if applicable, for the balance of the class/and or program.*



## Fastran Transportation to Fairfax City Senior Center:

Fastran offers specialized transportation services for residents of Fairfax County and the Cities of Fairfax and Falls Church participating in human services agency programs. Transportation is provided to and from Fairfax City/County Senior Centers by approval. City residents can apply for bus service by request at the Senior Center to our Senior Center activities. An application must be filled out at the Senior Center to request services which typically run from 9 am-2 pm Monday-Friday based on availability by Fastran. Fairfax County residents will be taken to the closest Senior

Center to their residence (it may not be Fairfax City Senior Center). Should it be necessary to cancel your scheduled trip, please contact the Fastran Cancellation Line at 703-324-7068, or Senior Center staff.

## Green Acres Parking Permit REQUIRED!



Fairfax City Council approved a **Green Acres Parking Permit** for Monday-Friday, 7 am-4 pm for the street, upper/lower lots, and the circle. All who park must display the **Parking Permit** in their windshield – or Visitors: please sign the Guest Parking Log at the Front Desk. Parking enforcement will monitor and tickets will be written if a **Parking Permit** is not visible. **Parking Permits** are **Free** to Senior Center members with a membership card. Sign up NOW!

## Inclement Weather Policy for Green Acres Center & Senior Center:

**Green Acres Center** and other City of Fairfax recreation facilities will be OPEN when City government offices are OPEN; when City offices are CLOSED, Green Acres will also be CLOSED. You can get up-to-the-minute information on Channel 12 and the City website. Check with your INSTRUCTOR or VOLUNTEER COORDINATOR for specific adaptations for Your Class or Program – each will develop his/her policies and will contact their class/program. Each DAY TRIP will be individually decided based on CUE bus availability and other factors; staff will notify participants.

Please Register for **Fairfax City ALERT** text messages or emails: [www.fairfaxva.gov/fairfaxcityalert](http://www.fairfaxva.gov/fairfaxcityalert)

# Important Information

Mon, Dec 9: 8:30 am	Registration Open for Classes and Jan-Feb Day Trips: 8:30 am-City Residents; 10:30 am-Sr.Ctr. & Fairfax Co; 12:30 pm-Online & Call-in for All Others.
Fri, Dec 13: 11:30 am	Holiday Potluck Party – register by Tues, Dec 10
Fri, Dec 27: 11:30 am	New Year's Celebration Pizza Party – register by Tues, Dec 24
Wed, Jan 1, 2020	<b>Center Closed:</b> New Year's Day Holiday
Thurs - Wed, Jan 2-8	Fitness Classes Open House– <i>Enjoy your 1<sup>st</sup> Class for FREE with Release!</i>
Fri, Jan 10: 1 pm	Lunch & Learn: <i>Balance Workshop</i> with Teresa Fletcher, PFT
Fri, Jan 17: 1pm	Lunch and Learn: <i>Superior Options for Seniors</i> with Ernie Castro
Mon, Jan 20	<b>Center Closed:</b> Dr. Martin Luther King, Jr. Holiday
Fri, Jan 31: 11 am	Lunch & Learn: <i>Quick and Easy Math</i> with John Edward (Ed) Murphy
Mon, Feb 10: 8:30 am	Registration Open for Mar-Apr Day Trips: same as times on Dec 2
Fri, Feb 14: 11:30 am	Valentine Potluck Party – register by Tues, Feb 11
Mon, Feb 17	<b>Center Closed:</b> Presidents' Day Holiday
Fri, Feb 21: 12 noon	Lunch & Learn: <i>Probate in Fairfax County</i> with Alison Lambeth, Attorney at Law
Tues, Mar 10: 1:30 pm	Lunch & Learn: <i>Let's Learn to Clog!</i> with Martha Hemingway
Fri, Mar 13: 11:30 am	St. Patrick's Potluck Celebration – register by Tues, Mar 10
Mon, Mar 18: 12-1:30 pm	Lunch & Learn: <i>Cyber Preparedness</i> with SPIN Global
Fri, Mar 20: 12 noon	Lunch & Learn: <i>Cutting the Cord</i> with Jeff Dove, IT Department
Sat, Mar 21: 10:00 am-12:30 pm	Young at Heart Appraisal Event – sponsored by the Senior Council
Wed & Thurs, Mar 25 & 26	AARP <i>Smart Driver</i> course: 10 am-3pm = Both Days!
Fri, Apr 17: 12-1:30 pm	Lunch & Learn: <i>Development &amp; Re-Development in Fairfax City</i> with Janice Miller, City Council Member

## Mark your calendars for Upcoming Events:

Fri, May 1: 11 am-2 pm	Older Americans Month Open House and Art Show exhibit
Thurs, May 7: 9 am	Bocce Season Begins
Fri, May 8: 11 am	Mother's Day Tea
Fri, May 22: 11:30 am	Memorial Day Potluck Picnic – register by Tues, May 19
Mon, May 25	<b>Center Closed:</b> Memorial Day Holiday observed
Wed, May 27	National Senior Health and Fitness Day – <i>take a class for FREE!</i>

**You're Welcome to bring store-bought SNACKS for our table in Senior Center.**








***Please and Thank You!***

# Ongoing Activities

These are ongoing activities that take place in Green Acres Center. Some groups use our facility and we have their contact information for more information. Mark your calendars - participate in the Fun!

<b>Men's Morning Coffee &amp; Conversation Group:</b> Every morning, Monday-Friday, 8 am-10 am: Coffee, breakfast treats and lively conversation.	<b>Military History</b> Tuesdays, 10 am-12 noon: Covers military history beginning with the Revolutionary War to the present. Guest speakers & DVDs.
<b>Bocce:</b> May – September, Thursdays, 9 am-11 am: Tournament-style play. Outdoor courts. Organize Mtg. 4/30: 10 am; Free 11 am lessons 4/ 23 & 30. Awards Potluck Picnic: 9/24 at 11 am.	<b>Library</b> Books loaned on Honor system: Enjoy and return! Book donations appreciated: Fiction 2010 and newer; others after 2003. Older books placed in lobby as <i>Give-aways</i> .
<b>Current Events Group</b> Every Tuesday, 1-2 pm: Discuss the latest topics going on in our world.	<b>55+ Pickleball</b> Mon, Wed-Thurs: 1-4 pm; Tues & Fri: 1-3 pm. Practice for those who know how to play. Outdoor courts available.
<b>Movie &amp; Popcorn</b> Once a month: 10 am-12 noon. Flyers; schedule on calendar.	<b>Monthly Birthday Celebrations</b> First Fridays at 12 noon in the Senior Center.
<b>International and American Mah Jongg</b> Mondays and Thursdays, 10 am. Free American lessons: Thurs, 4/16-5/7: 12:30-3 pm. \$5 material fee payable to instructor at first class. Sign up!	<b>ALPS - Alpha Literary &amp; Philosophical Society</b> Last Thursday each month, 2-5 pm. Free. A member volunteers to research & write an article (provided at meeting), with discussion.
<b>Fairfax Antique Arts Association</b> Third Thursday monthly at 10 am: Invited guest speakers show and discuss their collections.	<b>Millennium Art Guild</b> Thursdays, 1-4 pm: Artists bring in their own art projects and supplies. All forms welcome. For information, call Shirley Staples: 703-218-3172.
<b>BUNCO</b> Two Fridays a month at 10:30 am: Prizes awarded with 4 players. Please check monthly calendar for dates.	<b>BINGO</b> Two Fridays a month at 10:30 am: \$2/2cards + \$1 each additional. Please check monthly calendar for dates. Prizes awarded.
<b>Pinochle/Mexican Train/Canasta</b> Played daily throughout the week starting at 9:30 am or 10 am. Refer to monthly calendar.	<b>Day at the Races</b> Two Mondays a month, 10:30 am: Please check calendar for dates. Prizes awarded.
<b>Tea &amp; Talk</b> Select Mondays, 3:45-4:45 pm; \$5 supply fee to instructor. <u>Jan 13:</u> <i>How to Boost Your Immune System Naturally</i> <u>Feb 10:</u> <i>Foods Proven to make You Happy</i> <u>Mar 9:</u> <i>Health Benefits of Celery</i> <u>Apr 20:</u> <i>Best Foods to Eat in the Morning</i>	<b>German Conversation</b> Thursdays from 10:30 am-12 noon: For interesting discussions, learning situations and fun! Beginners and friends of German culture are quite willkommen: Aufwiedersehen!
<b>These Bridge Groups may be Open to new players or not. Please contact Staff for contact person for group interested in, then please contact them directly:</b>  <u>Bridge Follow-On:</u> Thursdays, 9:30-11:30 am <u>Bridge Level 1:</u> Mondays and Fridays, 9:30 am-12:30 pm. <u>Small Slam Bridge:</u> Mondays & Fridays, 9:30am-12:30pm. <u>NOVA Neighbors:</u> 1 <sup>st</sup> & 3 <sup>rd</sup> Mondays, 12:30pm-3:30pm. <u>Grand Slam:</u> Mondays/Fridays, 9:30 am-2 pm. <u>Senior Bridge Club:</u> Fridays, 10 am-2 pm.	<b>Tai Chi Practice</b> Tuesdays, 2:30-3:30 pm. For those who know the form - No instruction.
	<b>Knit &amp; Crochet</b> Wednesdays, 10 am in the Library. Bring your yarn and needles. Share, learn and practice!
	<b>NEW: Open Basketball Play</b> In gym on Thursdays from 8-9 am. Bring your basketball or we will have some to share
	<b>Talents &amp; Skills to Share?</b> Please discuss with Senior Center Manager and staff
<b>World Religions Discussion</b> Understanding other points of view can only benefit us! Come - Third Tuesdays - 11 am-12 noon.	

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Green Acres Center is OPEN when City government offices are OPEN; when City offices are CLOSED, Green Acres will also be CLOSED.</b></p>	<p>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change- Updates will be posted on website and at Senior Center</p>	<p>1 <u>Fitness Classes Open House -&gt;</u></p>  <p><b>New Year's Holiday: Center Closed Re-open Jan 2 at 8 am</b></p>	<p>2 8am: Men's Coffee Group <b>8-9am: Open Basketball Play</b> 9:30am: Pinochle / Bridge Follow-On 10am: Mah Jongg / Int'l &amp; Chinese 10:30am: German Conversation 11:30am: EZ Strength- make-up \$ 1-4pm: Pickleball Play 1pm: Millennium Art Guild <b>2:15pm: Sit &amp; Get Fit \$</b> <b>3:30: Social Line Dancing – 8 wk \$</b></p>	<p>3 <u>Fitness Classes Open House</u> 8am: Men's Coffee Group 8:30am: Seniorcise – make-up \$ <b>9:15/10:15am: Tai Chi: Adv/Beg \$</b> 9:30am: Pinochle / Bridge Level I 10am: Bridge Club 10:30am: BINGO \$ <b>12 noon: Jan Birthdays / BP cks</b> 1-3pm: Pickleball Play 1:30pm: Day Trip Committee Mtg?</p>	<p>4 <b>10:30am-12:30pm: Drop-in \$ Pickleball Play in Gym @ Sat</b></p> <p><b>Bold items on calendar are New Sessions or Special Events.</b></p> <p><b>\$ = Fee-based class; 1<sup>st</sup> class Free w/ signed Release.</b></p>
<p>6 <u>Fitness Classes Open House</u> 8am: Men's Coffee <b>8am: Senior Morning Walk-Gym</b> 9:30am: Bridge Groups/ Beg.Bridge 10am: Mah Jongg / Grand Slam <b>10:30am: Line Dancing- 6 wks \$</b> 12noon: Spanish Conversation 1-4pm: Pickleball Play <b>2:15pm: Chair Yoga \$</b></p>	<p>7 <u>Fitness Classes Open House</u> 8am: Men's Coffee Group <b>8:30am: Seniorcise \$</b> 10am: Canasta / Military History <b>11:30am: EZ Strength \$</b> 12:30pm: Sr Clogging I \$ 1pm: Current Events/ Pickleball Play 1:30pm: Sr Clogging Beg II \$ 2:30pm: Tai Chi Practice <b>3pm: Beg Pickleball Lessons– 3 \$</b></p>	<p>8 <u>Fitness Classes Open House</u> 8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>TRIP: Freer Gallery: Japan Art \$</b> 10am: Pinochle / Knit &amp; Crochet <b>11:30am: Zumba Gold \$</b> 1pm-4pm: Pickleball Play <b>2:15pm: Stretch &amp; Balance \$</b></p>	<p>9 8am: Men's Coffee 8-9am: Open Basketball Play 9:30am: Pinochle / Bridge Follow-On 10am: Mah Jongg / Int'l &amp; Chinese 10:30am: German Conversation <b>11:30am: EZ Strength \$</b> 1-4pm: Pickleball Play/Millennium Art <b>2pm: Book Club – NEW! Join in!</b> 2:15pm: Sit &amp; Get Fit \$ 3:30: Social Line Dancing \$</p>	<p>10 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15: Tai Chi: Adv./Beg \$ 9:30am: Pinochle / Bridge Level I 10am: Grand Slam / Bridge Club 10:30am: BUNCO <b>1 pm: L&amp;L: Balance Workshop</b> 1-3pm: Pickleball Play 1:30pm: Day Trip Committee Mtg <b>2:15pm: Reeve-Rx Relax Yoga</b></p>	<p>11</p> <p><b>2-3 pm: Exercise Equipment Orientation</b></p> 
<p>13 8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: Bridge Groups/ Beg.Bridge 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing \$ 12noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1-4pm: Pickleball Play 2:15pm: Chair Yoga \$ <b>3:45p: Tea&amp;Talk: Boost Immune \$</b></p>	<p>14 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:30: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ <del>1pm: Hospitality Committee Meeting</del> 1pm: Current Events/Pickleball Play 1:30: Sr Clogging Beg. II \$ 2:30pm: Tai Chi Practice 3pm: Beg Pickleball Lessons \$</p>	<p>15 8am: Men's Coffee Group 8:30am: Seniorcise \$ 10am: Pinochle <b>10:30am: MOVIE &amp; POPCORN: "Yesterday"</b> 10am: Knit &amp; Crochet 11:30am: Zumba Gold \$ 1-4pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p>16 8am: Men's Coffee 8-9am: Open Basketball Play 9:30am: Pinochle / Bridge Follow-On 10 am: Fairfax Antique Arts Assn. 10am: Mah Jongg / Int'l &amp; Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball Play 1pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p>17 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15: Tai Chi: Adv./Beg \$ 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BINGO \$ <b>12pm: L&amp;L: Superior Options</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p>18</p> <p><b>Guest Speakers require advance registration at the Green Acres Center Front Desk: 703-273-6090.</b></p>
<p>20 <b>Dr. Martin Luther King, Jr. Holiday</b></p>  <p><b>Center Closed</b></p>	<p>21 8am: Men's Coffee/8:30:Srcise \$ 9:30:MexicanTrain 10am: Military History / Canasta 11am: World Religions Discussion 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Senior Council Meeting 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging – Beg. II \$ 2:30pm: Tai Chi Practice 3pm: Beg Pickleball Lessons \$</p>	<p>22 8am: Men's Coffee Group 8:30am: Seniorcise \$ 10am: Pinochle 10am: Knit &amp; Crochet 11:30am: Zumba Gold \$ 1-3pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p>23 8am: Men's Coffee Group 8-9am: Open Basketball Play 9:30am: Pinochle / Bridge Follow-On 10am: Mah Jongg / Int'l &amp; Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p>24 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15: Tai Chi: Adv./Beg \$ 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10:30am: BUNCO 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p>25</p>  <p><b>Fitness Rooms Open:</b></p>
<p>27 8am: Men's Coffee / AM Walk 9:30am: Bridge Groups/ Beg.Bridge 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing \$ 10:30am: DAY AT THE RACES 12noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p>28 8am: Men's Coffee 8:30: Seniorcise \$ 9:30: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Current Events/Pickleball Play 1:30: Sr Clogging Beg. II \$ 2:30pm: Tai Chi Practice</p>	<p>29 8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>TRIP: Basilica of Nat'l Shrine of the Immaculate Conception \$</b> 10am: Pinochle 10am: Knit &amp; Crochet 11:30am: Zumba Gold \$ 1-3pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p>30 8am: Men's Coffee 8-9am: Open Basketball Play 9:30am: Pinochle / Bridge Follow-On 10am: Mah Jongg / Int'l &amp; Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball Play 1pm: Millennium Art Guild 2pm: ALPS 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p>31 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15: Tai Chi: Adv./Beg \$ 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge <b>11 am: L&amp;L: Quick &amp; Easy Math</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p>Mon-Thurs. 8am-9pm, Fri 9am-5pm, Sat &amp; Sun 9am-2pm  FREE for 55+ with card</p>

Mon	Tue	Wed	Thu	Fri	Sat
<b>Bold items on calendar are New Sessions or Special Events.</b> <b>\$ = Fee-based class;</b> <b>1<sup>st</sup> class Free w/ signed Release.</b>  <u><b>Nov-Dec Trip Registrations begins Monday, Oct 14.</b></u>		<b>Green Acres Center is OPEN when City government offices are OPEN; when City offices are CLOSED, Green Acres will also be CLOSED.</b>		 <b>Potluck Party - February 14<sup>th</sup></b>	<b>1</b>  February 2nd <b>GROUNDHOG DAY!</b> 
<b>3</b> 8 am: Men's Coffee 8 am: Senior Morning Walk 9:30am: Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing \$ 10:30am: DAY AT THE RACES 12 noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm: Pickleball Play 2:15pm: Chair Yoga \$	<b>4</b> 8am: Men Coffee 8:30am: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Current Events/ Pickleball Play 1:30pm: Senior Clogging – Beg. II \$ 2:30pm: Tai Chi Practice <b>3pm: Int Pickleball: Drills&amp;Skills-3 \$</b>	<b>5</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 10am: Pinochle 10am: Knit & Crochet 11:30am: Zumba Gold \$ 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance \$	<b>6</b> 8am: Men's Coffee 8-9am: Open Basketball Play <b>9:30am: Beg Bridge Classes- 6 wk</b> 9:30am: Cards / Games 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit \$ 3:30pm: Social Line Dancing \$	<b>7</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15: Tai Chi: Adv./Beg \$ 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam/Bridge Club/ I 10:30am: BINGO \$ <b>12noon: Feb Birthdays/ BP cks</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga	<b>8</b>  <u><b>Fitness Rooms Open:</b></u> Mon-Thurs 8am-9pm, Fri 9am-5pm Sat & Sun 9am-2pm FREE for 55+ with card
<b>10</b> 8am: Men's Coffee / AM Walk <b>8:30am: CITY 10:30a Register March-April Day Trip</b> 9:30am: Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: <b>Sr.Ctr. Trip Registration</b> 10:30am: Line Dancing \$ 12 noon: Spanish Conversation <b>12:30pm: ALL Trip Registration</b> 1pm: Pickleball Play 2:15pm: Chair Yoga \$ <b>3:45p: Tea&amp;Talk: Happy Foods \$</b>	<b>11 Deadline for Valentine Party</b> 8am: Men's Coffee/8:30: Seniorcise \$ 9:30: Mexican Train 10am: Military History / Canasta <b>TRIP: Kennedy Ctr: American Ballet Theatre – Open Rehearsal of Giselle \$</b> 11:30am: EZ Strength \$ 1pm: Current Events/ Pickleball Play 1pm: Hospitality Committee Meeting 2:30pm: Tai Chi Practice 3pm: Int Pickleball: Drills&Skills \$	<b>12</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 10am: Pinochle / Knit & Crochet 11:30am: Zumba Gold \$ 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance \$	<b>13</b> 8am: Men's Coffee 8-9am: Open Basketball Play 9:30am: Beg Bridge Classes 9:30am: Cards / Games 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball Play 1pm: Millennium Art Guild 2:15pm: Sit & Get Fit \$ 3:30pm: Social Line Dancing \$	<b>14</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15: Tai Chi: Adv./Beg \$ 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO <b>11:30: Valentine Potluck Party</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga	<b>15</b>  <b>* All Potluck Luncheons and Guest Speakers require advanced registration at the Green Acres Center front desk or call 703-273-6090.</b>
<b>17</b>  <b>CLOSED for Presidents' Day Holiday</b> 	<b>18</b> 8am: Men's Coffee 8:30am: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11am: World Religions Discussion 11:30: EZ Strength \$ 1pm: Senior Council Meeting 1pm: Current Events /Pickleball Play 2:30pm: Tai Chi Practice 3pm: Int Pickleball: Drills&Skills \$	<b>19</b> 8am: Men's Coffee 8:30am: Seniorcise \$ <b>10:30am: MOVIE &amp; POPCORN: "Harriet"</b> 10am: Pinochle / Knit & Crochet 11:30am: Zumba Gold \$ 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance \$	<b>20</b> 8am: Men's Coffee 8-9am: Open Basketball Play 9:30: Beg Bridge Classes/Cards/Games 10am: Mah Jongg: Int'l & Chinese 10am: Fairfax Antique Arts Association 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Millennium Art Guild / Pickleball 2:15pm: Sit & Get Fit \$ 3:30: Social Line Dancing \$	<b>21</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15am: Tai Chi: Adv./Beg 9:30am: Pinochle/ Bridge Level 1 10am: Grand Slam/ Bridge Club 10:30am: BINGO \$ <b>12noon: L&amp;L: Probate in Ffx Co.</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga	<b>22</b> 
<b>24</b> 8am: Men's Coffee 8am: Senior Morning Walk 9:30am: Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing \$ 10:30am: DAY AT THE RACES 12 noon: Spanish Conversation 1pm: Pickleball Play 2:15pm: Chair Yoga \$	<b>25</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 1pm: Current Events 1-3pm: Pickleball Play 2:30pm: Tai Chi Practice	<b>26</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 10am: Pinochle / Knit & Crochet 11:30am: Zumba Gold \$ <b>TRIP: Elkridge Furnace Inn \$</b> 1pm-3pm: Pickleball Play 2:15pm: Stretch & Balance \$	<b>27</b> 8am: Men's Coffee 8-9am: Open Basketball Play 9:30: Beg Bridge Classes/Cards/Games 10am: Mah Jongg: Int'l & Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball 1pm: Millennium Art Guild 2pm: ALPS 2:15pm: Sit & Get Fit \$	<b>28</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga	<b>29</b>  Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change- Updates will be posted on website and at Senior Center.

Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p>8am: Men's Coffee 8am: Senior Morning Walk 9:30am: Bridge Groups 10am: Mah Jongg / Grand Slam <b>10:30am: Line Dancing 8 wks \$</b> 12 noon: Spanish Conversation 1pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p>3</p> <p>8am: Men's Coffee <b>8:30am: Seniorcise \$</b> 9:30am: Mexican Train 10am: Military History / Canasta <b>11:30am: EZ Strength \$</b> 1pm: Current Events / Pickleball 2:30pm: Tai Chi Practice <b>3pm: Beg Pickleball Lessons - 3 \$</b></p>	<p>4</p> <p>8am: Men's Coffee 8:30am: Seniorcise \$ <b>TRIP: Toby's: Kinky Boots</b> 10am: Knit &amp; Crochet/ Pinochle <b>11:30am: Zumba Gold \$</b> 1pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$ <b>3pm: Brush w/ Art: Oils-4 wk \$</b></p>	<p>5</p> <p>8am: Men's Coffee 8-9am: Open Basketball Play 9:30am: Beg Bridge Classes 9:30am: Cards / Games 10am: Mah Jongg: Int'l &amp; Chinese 10:30am: German Conversation <b>11:30am: EZ Strength \$</b> 1pm: Pickleball 1pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$</p>	<p>6</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>9:15/10:15: Tai Chi: Adv./Beg-6 wk \$</b> 9:30am: Pinochle / Bridge Level I 10am: Grand Slam / Bridge Club 10:30am: BINGO \$ <b>12 noon: March Birthdays / BP cks</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p>7</p> <p><b>2-3 pm: Exercise Equipment Orientation</b></p>
<p>9</p> <p>8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing \$ 10:30am: DAY AT THE RACES 12noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm: Pickleball Play 2:15pm: Chair Yoga \$ <b>3:45p: Tea&amp;Talk: Celery Benefits \$</b></p>	<p>10</p> <p><b>Deadline to Register for Party</b> 8am: Men's Coffee 8:30am: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 1pm: Hospitality Committee Mtg 1pm: Current Events / Pickleball <b>1:30pm: L&amp;L: Let's Learn to Clog!</b> 2:30pm: Tai Chi Practice 3pm: Beg Pickleball Lessons \$</p>	<p>11</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>TRIP: George Washington Masonic Memorial \$</b> 10am: Pinochle 10am: Knit &amp; Crochet 11:30am: Zumba Gold \$ 1pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$ 3pm: Brush w/ Art: Oil Painting \$</p>	<p>12</p> <p>8am: Men's Coffee 8-9am: Open Basketball Play 9:30am: Beg Bridge Classes 9:30am: Cards / Games 10am: Mah Jongg 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball Play 1pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ <b>3:30: Social Line Dancing -8 wk \$</b></p>	<p>13</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15: Tai Chi: Adv./Beg-\$ 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam / Bridge Club 10:30am: BUNCO <b>11:30: St. Patrick's Potluck Party</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p>14</p> <p> <b>* All Luncheons and Guest Speakers require advanced registration at the Green Acres Ctr: 703-273-6090.</b></p>
<p>16</p> <p>8am: Men's Coffee 8am: Senior Morning Walk 9:30am: Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing \$ <b>12noon: L&amp;L: Cyber Preparedness</b> 12noon: Spanish Conversation 1pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p>17</p> <p>8am: Men's Coffee 8:30am: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11am: World Religions Discussion 11:30am: EZ Strength \$ <b>12:30pm: Sr Clogging I - 8 wks \$</b> 1pm: Current Events / Pickleball 1:30pm: Sr Clogging Beg II \$ 2:30pm: Tai Chi Practice 3pm: Beg Pickleball Lessons \$</p>	<p>18</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>10:30: MOVIE &amp; POPCORN: "Judy"</b> 10am: Pinochle 10am: Knit &amp; Crochet 11:30am: Zumba Gold \$ 1pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$ 3pm: Brush w/ Art: Oil Painting \$</p>	<p>19</p> <p>8am: Men's Coffee 8-9am: Open Basketball Play 9:30a: Cards Games / Bridge Follow-on 10am: Mah Jong: Int'l &amp; Chinese 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p>20</p> <p><b>SPRING EQUINOX</b> 8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15am: Tai Chi: Adv./Beg \$ 9:30am: Pinochle / Bridge Level I 10am: Grand Slam / Bridge Club <b>TRIP: Clara Barton Site &amp; Irish Inn \$</b> 10:30am: BINGO \$ <b>12noon: L&amp;L: Cutting the Cord</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p>21</p> <p>10am – 12:30pm <b>Young at Heart Appraisal Event</b>  Sherwood Center: \$5 + \$5/appraisal - Limit 4</p>
<p>23</p> <p>8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing \$ 10:30am: DAY AT THE RACES 12 noon: Spanish Conversation 12:30pm: NOVA Neighbors Bridge 1pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p>24</p> <p>8am: Men's Coffee 8:30am: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Senior Council Meeting 1pm: Current Events / Pickleball 1:30pm: Sr Clogging Beg II \$ 2:30pm: Tai Chi Practice</p>	<p>25</p> <p>8am: Men's Coffee 8:30am: Seniorcise \$ 10am: Knit &amp; Crochet/ Pinochle <b>10-3: AARP Smart Driver \$ →</b> <b>TRIP: Riverside: Bright Star \$</b> 11:30am: Zumba Gold \$ 1pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$ 3pm: Brush w/ Art: Oil Painting \$</p>	<p>26</p> <p>8am: Men's Coffee 8-9am: Open Basketball Play 9:30a: Cards/Games/Bridge Follow-on 10am: Mah Jongg: Int'l &amp; Chinese <b>10-3: AARP Smart Driver ends \$</b> 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball / Millennium Art Guild 2pm: ALPS 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p>27</p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15am: Tai Chi: Adv./Beg \$ 9:30am: Pinochle / Bridge Level I 10am: Grand Slam Bridge 10am: Bridge Club 10:30am: BUNCO 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p>28</p> <p></p>
<p>30</p> <p>8am: Men's Coffee 8am: Senior Morning Walk 9:30am: Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing \$ 12 noon: Spanish Conversation 1pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p>31</p> <p>8am – Men's Coffee Group 8:30am: Seniorcise \$ 9:30: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Current Events 1-3pm: Open Pickleball Play 1:30pm: Sr Clogging Beg II \$ 2:30pm: Tai Chi Practice</p>	<p><b>Daylight Savings: Sunday, Mar. 8<sup>th</sup> - "SPRING FORWARD" - Set clocks ahead 1 hour!</b> </p>	<p><b>Bold items on calendar are New Session start dates or Special Events.</b> <b>\$ = Fee-based class;</b> <b>1<sup>st</sup> class Free w/ signed Release.</b></p>	<p>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change - Updates will be posted on Website and at the Senior Center.</p>	<p> <b>Fitness Rooms Open:</b> Mon-Thurs 8am-9pm, Fri 9am-5pm Sat &amp; Sun 9am-2pm FREE for 55+ with card</p>

Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>Bold items on calendar are New Sessions starting or Special Events.</b></p> <p><b>\$ = Fee-based.</b></p> <p><u>1st class Free w/ signed Release.</u></p>	<p><b>1</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ 10am: Pinochle / Knit &amp; Crochet 11:30am: Zumba Gold \$ 1-3pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p><b>2</b></p> <p>8am: Men's Coffee Group 8-9am: Open Basketball Play 9:30am: Cards Games / Bridge Follow-on 10am: Mah Jongg: Int'l &amp; Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball Play 1pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p><b>3</b></p> <p>8am: Men's Coffee 8:30am: Seniorcise \$ 9:15/10:15am: Tai Chi: Adv./Beg \$ <b>TRIP: NSO Coffee Concert</b> 9:30am: Pinochle/ Bridge Level I 10:30am: Grand Slam Bridge/Bridge Club 10:30am: BINGO \$ <b>12 pm: April Birthdays / BP cks</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p><b>4</b></p> <p><b>Guest Speakers require advanced registration at the Front Desk or call (703) 273-6090</b></p>
<p><b>6</b></p> <p>8am: Men's Coffee / AM Walk 9:30am: All Bridge Groups 10:00am: Mah Jongg/Grand Slam 10:30am: Line Dancing \$ 10:30am: DAY AT THE RACES 12 noon: Spanish Conversation 1pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p><b>7</b></p> <p>8am: Men's Coffee 8:30: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11:30: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Hospitality Committee Mtg 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging – Beg. II \$ 2:30pm: Tai Chi Practice <b>3pm: Int Pickleball: Drills&amp;Skills-3 \$</b></p>	<p><b>8</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>TRIP: Cherry Blossom Cruise aboard Spirit of Washington \$</b> 10am: Pinochle / Knit &amp; Crochet 11:30am: Zumba Gold \$ 1-3pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p><b>9</b></p> <p>8am: Men's Coffee Group 8-9am: Open Basketball Play 9:30: Cards / Games / Bridge Follow-on 10am: Mah Jongg: Int'l &amp; Chinese 10:30am: German Conversation 11:30am: EZ Strength \$ 1pm: Pickleball / Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p><b>10</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:15/10:15am: Tai Chi: Adv./Beg \$ 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam / Bridge Club 10:30am: BUNCO 1pm: Pickleball Play <del>2:15pm: Reeve-Rx Relax Yoga</del></p>	<p><b>11</b></p> <p><b>EASTER – April 12<sup>th</sup></b></p> 
<p><b>13</b></p> <p>8am: Men's Coffee /AM Walk <b>8:30: CITY May-June Trip Register</b> 9:30am: All Bridge Groups 10:00am: Mah Jongg /GrandSlam 10:30am: Line Dancing \$ <b>10:30am: Sr.Ctr. Trip Registration</b> 12 noon: Spanish Conversation <b>12:30pm: ALL Trip Registration</b> 12:30pm: NOVA Neighbors Bridge 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p><b>14</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Senior Council Meeting 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging – Beg. II \$ 2:30pm: Tai Chi Practice 3pm: Int Pickleball: Drills&amp;Skills \$</p>	<p><b>15</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>TRIP: Arena Stage: 7 Guitars \$</b> 10am: Pinochle 10am: Knit &amp; Crochet 11:30am: Zumba Gold \$ 1-3pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p><b>16</b></p> <p>8am: Men's Coffee Group 8-9am: Open Basketball Play 9:30am: Cards Games / Bridge Follow-on 10am: Mah Jongg 10am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: EZ Strength \$ <b>12:30pm: Am. Mah Jongg Lessons \$</b> 1pm: Ppickleball Play 1pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p><b>17</b></p> <p>8am: Men's Coffee Group 8:30a : Seniorcise \$ 9:30am: Pinochle/ Bridge Level I 10am: Grand Slam / Bridge Club 10:30am: BINGO \$ <b>12noon: L&amp;L: Development &amp; Re-Development in Fairfax City</b> 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p><b>18</b></p>
<p><b>20</b></p> <p>8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: DAY AT THE RACES 10:30am: Line Dancing \$ 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga \$ <b>3:45p: Tea&amp;Talk: Best AM Food \$</b></p>	<p><b>21</b></p> <p>8am: Men's Coffee/8:30: Srcise \$ 9:30am: Mexican Train 10am: Military History / Canasta 11am: World Religions Discussion 11:30am: EZ Strength \$ 12:30pm: Sr Clogging I \$ 1pm: Senior Council Meeting 1pm: Current Events / Pickleball Play 1:30pm: Senior Clogging – Beg. II \$ 2:30pm: Tai Chi Practice 3pm: Int Pickleball: Drills&amp;Skills \$</p>	<p><b>22</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ <b>10:30am: MOVIE &amp; POPCORN: "A Beautiful Day in the Neighborhood"</b> 10am: Pinochle / Knit &amp; Crochet 11:30am: Zumba Gold \$ 1-3pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p><b>23</b></p> <p>8am: Men's Coffee 8-9am: Open Basketball Play 9:30am: Cards / Games 9:30am: Bridge Follow-on 10am: Mah Jongg 10:30am: German Conversation 11:30am: EZ Strength \$ 12:30pm: Am. Mah Jongg Lessons \$ 1pm: Pickleball Play 1pm: Millennium Art Guild 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>	<p><b>24</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise \$ 9:30am: Pinochle 9:30am: Bridge Level I 10am: Grand Slam 10am: Bridge Club 10:30am: BUNCO 1pm: Pickleball Play 2:15pm: Reeve-Rx Relax Yoga</p>	<p><b>25</b></p>  <p><u>Fitness Rooms Open:</u> Mon-Thurs 8am-9pm, Fri 9am-5pm Sat &amp; Sun 9am-2pm  FREE for 55+ with card</p>
<p><b>27</b></p> <p>8am: Men's Coffee Group 8am: Senior Morning Walk 9:30am: All Bridge Groups 10am: Mah Jongg / Grand Slam 10:30am: Line Dancing-makeup \$ 12 noon: Spanish Conversation 1pm-3pm: Pickleball Play 2:15pm: Chair Yoga \$</p>	<p><b>28</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise- make-up \$ 9:30am: Mexican Train 10am: Military History / Canasta 11:30am: EZ Strength- make-up \$ 12:30pm: Sr Clogging I \$ 1pm: Current Events 1pm: Pickleball Play 2:30pm: Tai Chi Practice</p>	<p><b>29</b></p> <p>8am: Men's Coffee Group 8:30am: Seniorcise- make-up \$ <b>TRIP: B&amp;O Railroad Museum and One-Mile Express Ride \$</b> 10am: Pinochle / Knit &amp; Crochet 11:30am: Zumba Gold- make-up \$ 1-3pm: Pickleball Play 2:15pm: Stretch &amp; Balance \$</p>	<p><b>30</b></p> <p>8am: Men's Coffee Group 8-9am: Open Basketball Play 9:30: Cards / Games / Bridge Follow-on 10am: Mah Jongg: Int'l &amp; Chinese 10:30am: German Conversation 11:30am: EZ Strength- make-up \$ 12:30pm: Am. Mah Jongg Lessons \$ 1pm: Pickleball / Millennium Art Guild 2pm: ALPS 2:15pm: Sit &amp; Get Fit \$ 3:30pm: Social Line Dancing \$</p>		<p>Check out our website <a href="http://www.fairfaxva.gov">www.fairfaxva.gov</a> Calendar subject to change - Updates will be posted on Website and at the Senior Center.</p>

# Lunch and Learn

## FREE Lecture Programs to introduce you to Services, Educational Information and Fun!

**Sign up in Advance: 703-273-6090**

**Bring your Lunch!**

### **Balance Workshop**

**Speaker:** Teresa Fletcher,  
Certified Personal Fitness Trainer

**Friday, January 10:** 1:00-2:00 pm

Our body's balance may become compromised as we age from muscle lethargy, inner ear issues, medication or other reasons. Join Teresa as she leads you through a series of balance exercises you can practice daily at home. This workshop is interactive so please plan to wear comfortable clothing and supportive shoes.

### **Superior Options for Seniors**

**Speaker:** Ernie Castro

**Friday, January 17:** 12 noon

Come find out about Superior Options for seniors to the Fairfax Community. They are a group of trustworthy professionals that provide services in the senior marketplace that have come together to be a resource to guide seniors to solutions to problems that arise in life. They focus on planning, aging in place and housing transitioning for a safe and successful retirement. They will answer your questions and provide advice.

### **Quick and Easy Math**

**Speaker:** John Edward (Ed) Murphy

**Friday, Jan 31:** 11 am-12 noon

Stimulate your brain! This math workshop is lots of fun and you will learn to evaluate the reasonableness of others' calculations and conclusions, detect pesky errors committed by yourself or others, save time and avoid frustration by readily detecting errors, simplify complex numbers to facilitate quick and easy calculations.

### **Probate in Fairfax County**

**Speaker:** Alison Mathey Lambeth,  
Attorney at Law, Lambeth Law,  
PLLC

**Friday Feb 21:** 12 noon-1:30 pm

She'll guide an executor or personal representative through all the nooks and crannies of the complicated probate process to make it as painless and as quick as possible. Probate is overseen by the Circuit Court in the county where the decedent last resided. Your executor or personal representative will need to make a probate court appearance in order to access, marshal and distribute your assets. This lecture is designed to highlight the timeline and filings that will occur with probate process.

### **Let's Learn to Clog!**

**Speaker:** Martha Hemingway,  
Clogging instructor

**Tuesday, Mar 10:** 1:30 pm-3:00 pm

Get some exercise, work your brain, listen to good music and have fun! Learn beginner clogging steps and simple dance combinations. Hard soled shoes that will NOT easily slip off your feet are required. Instructor will bring many sizes of tap and clogging shoes that you may be able to wear during class – trying on shoes will take up the first part of the class. Come learn something new!

### **Cutting the Cord –**

### **Streaming TV Services**

**Speaker:** Jeff Dove, Fairfax City IT  
Department

**Friday March 20:** 12 noon – 1 pm

Learn about the options for Internet TV services providers. Can you save money by ditching cable and streaming TV services? Is it the right choice for you? There will also be time to ask your questions to our IT specialist!

### **Development & Re-**

### **Development in Fairfax City**

**Speaker:** Janice Miller, City Council  
member

**Friday, April 17:** 12 noon

Please join Janice Miller, on Fairfax City Council, to hear about the development and re-development process in Fairfax City. Learn about the City's Comprehensive Plan and the Zoning Ordinance. Learn an update of projects approved, underway, and in the approval process. Following the presentation, there will be an opportunity for your questions.



# Fitness at Green Acres Center

*No classes on City Holidays: January 20 and February 17.*

**PLEASE NOTE: Inclement Weather - follow Fairfax City Government Policy, or Class Instructor decides.**

<u>Fitness</u>	<u>Day(s) and Time(s)</u>	<u>Fee(s)</u>
Senior Morning Walk	Mon, 8:00 – 9:00 am	1/6-4/27. <b>FREE</b> with registration. <b>No walk on 1/20 &amp; 2/17.</b>
Line Dancing	Mon, 10:30 – 11:30 am	1/6-2/24 = \$36: <b>No Classes 1/20 &amp; 2/17.</b> 3/2-4/20 = \$48. <b>Make-up date: 4/27.</b>
Chair Yoga	Mon, 2:15 – 3:15 pm	1/6 4/27 = 10-Class Pass \$60, 5-Class Pass \$35, Drop-in: \$8/class <b>No Class 1/20 &amp; 2/17.</b>
Tea & Talk – <i>see calendar</i>	Mon, 3:45 – 4:45 pm	1/13, 2/10, 3/9, 4/20 = FREE with registration; \$5 supply fee payable at talk.
“Darlene’s Senior” Fit Plan:		1/7-4/24: 4 months \$150; 1/7-2/28 or 3/3-4/24: 2 months \$80; Drop-in: \$8/class. Make-ups 4/27-5/1.
	<i>Seniorcise</i>	Tues, Wed, Fri: 8:30 – 9:25 am
	<i>EZ Strength</i>	Tues or Thurs: 11:30 am – 12:25 pm ( 1 day per wk for 2 months \$40)
	<i>Zumba Gold</i>	Wed: 11:30 am – 12:25 pm
Senior Clogging – I	Tues, 12:30 – 1:30 pm	12/3-2/4 or 3/17-5/12: \$65. <b>No class 12/24 &amp; 31</b>
Senior Clogging – Beginner II	Tues, 1:30 – 2:30 pm	12/3-2/4 or 3/17-5/12: \$65. <b>No class 12/24 &amp; 31</b>
Beg. Pickleball Lessons	Tues, 3:00 – 4:00 pm	1/7-21 or 3/3-17 = \$25/session.
Int. Pickleball Drills & Skills	Tues, 3:00 – 4:00 pm	2/4-18 or 4/7-21 = \$25/session.
Stretch & Balance	Wed, 2:15 – 3:15 pm	1/8-4/29 = 10-Class Pass \$60, 5-Class Pass \$35, Drop-in: \$8/class
Sit & Get Fit	Thurs, 2:15 – 3:15 pm	1/2-4/30 = 10-Class Pass \$60, 5-Class Pass \$35, Drop-in: \$8/class
Social Line Dancing	Thurs, 3:30 – 4:30 pm	1/2-2/20 or 3/12-4/30 = \$48/session; Drop-in: \$8/class
Tai Chi Chuan	Fri, Beg: 10:15 – 11:15 am; Fri, Adv: 9:15 – 10:15 am	1/3-2/21 or 3/6-4/24 = \$48/session; Drop-in: \$8/class
<b>FREE: Reeve-Rx Relax Therapeutic Yoga classes</b>	Fri, 2:15 – 3:15 pm	1/10-4/24 <b>No class 4/10.</b>
Exercise Equipment Orientation	Sat, 2:00-3:00 pm	1/11 or 3/7. Free with registration.
Personal Fitness Training	Teresa Fletcher: 571-606-4004	60-minutes = \$40; 30-minutes = \$20.
<u>Classes</u>	<u>Day(s) and Time(s)</u>	<u>Fee(s)</u>
A Brush with Art!	Wed, 1:00 – 3:00 pm	3/4-25. Fee to Padma per class: \$5 Fairfax Art League members; \$10 non-members. One-time materials fee to instructor for 4 classes: \$10.
Beginning Bridge Classes	Thurs, 9:30 – 11:30 am	2/6-3/12. Free with registration.
American Mah Jongg Lessons	Thurs, 12:30 – 3:00 pm	4/16-5/7. Free w/ registration. \$5 materials fee.

# Fitness at Green Acres Center

## *“Darlene’s Senior” Fit Plan!*

**Certified Instructor:** Darlene Wujkowski (and Teresa Fletcher, sub)

**Note:** 1<sup>st</sup> Tuesday of each month will be with Teresa

Tuesdays, Wednesdays, Thursdays, & Fridays

Location: Green Acres Center Gym

Get moving, feel better, and stay forever young! Enroll in this program and choose to attend as many classes from the calendar that fit into your schedule. *Bring your water bottle and wear comfortable clothing.* Calendar subject to change. Please check monthly class schedules in gym for current information!

**4-months:** Jan 7-Apr 24      Session A      Fee: \$150

**2-months:** Jan 7-Feb 28      Session B      Fee: \$80

**2-months:** Mar 3-Apr 24      Session C      Fee: \$80

**Drop-in fee:** \$8 (bring your printed receipt from the Front Desk)

Make-ups Apr 27-May 1.

*Please note that only these classes qualify for the “Darlene’s Senior” Fit Plan and cannot be substituted for any other classes.*

Class Times	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:25 am	<b>Seniorcise</b>	<b>Seniorcise</b>		<b>Seniorcise</b>
11:30 am-12:25 pm	<b>EZ Strength -</b> limited to 25/class	<b>Zumba Gold</b>	<b>EZ Strength -</b> limited to 25/class	

### CLASS DESCRIPTIONS:

**Seniorcise:** Heart strengthening cardio, abs, balance and toning. 20-min strength training with weights, bars & tubing. Cool down & stretch.

**EZ Strength:** Standing warm-ups, balance & muscle toning with tubing, balls & toning sticks, 20-minute seated strength training using weights, bands & balls. 10-min cool down stretch. **Fee 2-months, 1 day/week: \$40.**

**Zumba Gold:** For active adults looking for a fun Zumba workout at lower intensity: balance, ROM & toning sticks.

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## Personal Training

Teresa Fletcher is our NASM Certified Personal Trainer here at Green Acres. Teresa has the knowledge to help you meet your fitness goals such as weight loss, gain muscle mass, or correct muscular imbalances; she will motivate you by setting goals and providing feedback during your session.

Please call Teresa (571-606-4004) to schedule an appointment for a 60-minute initial evaluation, or a 30-minute follow-up session.

Fee: \$40 for 60-minute session; \$20 for 30-minute session. Please pay at the Green Acres front desk PRIOR to session.



## Bocce

Get ready for Bocce! Our 2020 Bocce tournament season will start on Thursday, May 7 at 9am and will continue on Thursdays through September. Organizational meeting April 30 at 10 am in the Senior Center; Free 11 am lessons Apr 23 & 30. The NVSO Bocce tournament will be held in September with the date to be announced.

*Congratulations to 2019 season First Place team winners Glen Snodgrass and Chris Conrad.*

# Senior Trips

## Young at Heart Day Trips

*All trips require a reservations – First come, first served!*

**Registration for January-February Day Trips opens Monday, December 9:**

**Registration for March-April Day Trips opens Monday, February 10:**

<b>8:30 am:</b> Fairfax City residents 55+: Walk-in on-site registration ONLY	<b>10:30 am:</b> Fairfax County 55+ and Senior Center members: Walk-in on-site registration ONLY	<b>12:30 pm:</b> All 55+ seniors: On-site, online, phone, mail-in registration opens
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**On-site registrants may register one other person TOTAL** – however, if you are a City resident and the other registrant lives in Fairfax County, you may get a Fairfax County number to register them during the 10:30am timeframe.

**Payment is due at time of registration** unless placed on a wait list. All day trips include trip escort and round-trip bus transportation from Green Acres Center.

**If you sign up, show up!** Please arrive 15-30 minutes before departure to check-in with your Fairfax City Senior Center membership card or identification (for a free membership card for Fairfax City or County residents, please arrive 30-45 minutes ahead with a valid ID to complete registration form; for others, \$5/day fee or \$50/year). Trip check-in begins approximately 15 minutes prior to departing.

**Seating:** Please notify us in writing for accommodation when registering. *Note:* Seats are first come, first serve going and returning.






**Cancellation Policy:** ALL SALES FINAL. *If the Fairfax City Parks and Recreation Department cancels a trip, a full refund will be given.* No refunds given on tickets already purchased, unless a replacement can be found from the wait list. **Participants who request a refund must fill out a Refund Request form one week prior to the event to be considered for a refund and will be charged a \$10 fee per individual, per trip, to process the refund.** The \$10 refund fee may be waived for emergency situations with approval of Recreation Manager and completed refund form.

**Inclement Weather:** Each day trip will be individually decided based on bus availability and other factors; staff will notify participants.



**Note:** Due to settings beyond our control, sometimes it's necessary to adjust itineraries, change meal selections, or cancel a trip.

**For further trip information,** please check website ([www.fairfaxva.gov/government/parks-recreation/the-young-at-heart-senior-center/senior-trips](http://www.fairfaxva.gov/government/parks-recreation/the-young-at-heart-senior-center/senior-trips)) or call Green Acres Center: 703-273-6090.




*Trip Flyers will be available at the Senior Center and online with current updates.*

	Lunch Included in Trip		Uneven Walking	<b>SG/GT</b>	Self-Guided Tour/Guided Tour
	Bring \$ for Lunch/Shopping		Mainly Walking/Standing		Ticketed Event

## JANUARY 2020 TRIPS





<b>GT</b> 	<b>Japanese Art and Culture at the Freer Gallery (Washington, DC)</b> Transport yourself into misty mountains, rushing streams, and peaceful abodes when you explore the art of Katsushika Hokusai (1760-1849) in the special exhibition <i>Hokusai: Mad about Painting</i> . Learn about the symbols and stories that make the works of art culturally significant for the people of Japan. <i>Bring money for lunch afterwards.</i> Wednesday, January 8      Depart: 10:00 am      Approximate Return: 3:00 pm	\$28
<b>GT</b> 	<b>Basilica of the National Shrine of the Immaculate Conception (Washington, DC)</b> This shrine is the largest Catholic church in the United States and North America, and the tallest habitable building in DC. Home to more than 80 chapels and oratories, it represents peoples from every corner of the globe, reflecting the ethnic and cultural diversity of our country. <i>Bring money for lunch after the guided tour.</i> Wednesday, January 29      Depart: 9:30 am      Approximate Return: 2:30 pm	\$28

## FEBRUARY 2020 TRIPS





 	<b>Kennedy Center: American Ballet Theatre – Open Rehearsal of Giselle (Washington, DC)</b> Join dance scholars for an insider's look at the ballet as they prepare onstage during a working rehearsal for <i>Giselle</i> , a timeless favorite, last performed in the Opera House nearly 15 years ago. Run time is three hours (estimated); seating is in first tier only. <i>Bring money for lunch on your own in the KC Café prior to the performance.</i> Tuesday, February 11      Depart: 11:15 am      Approximate Return: 5:30pm	\$50
	<b>Elkridge Furnace Inn (Elkridge, MD)</b> Enjoy a traditional afternoon tea in this historic mansion ca.1744. This high tea includes three courses: scone with clotted cream and jam, quiche with two tea savories, followed by tea bread with two tea sweets. Wednesday, February 26      Depart: 12 noon      Approximate Return: 5:00 pm	\$65

# Senior Trips

## MARCH 2020 TRIPS – Registration begins February 10.

	<b>Toby's Dinner Theatre: <i>Kinky Boots</i> (Columbia, MD)</b> <i>Kinky Boots</i> is about the friendships we discover, and the belief that you can change the world when you change your mind. This exhilarating true story will lift your spirits to high-heeled heights! Winner of six Tony Awards, including Best Musical, features a joyous score by Cyndi Lauper. <i>Buffet lunch included.</i> Wednesday, March 4                      Depart: 9:30 am                      Approximate Return: 5:00 pm	\$TBA
	<b>George Washington Masonic Memorial (Alexandria, VA)</b> This magnificent nine-story neoclassical structure was built in the 1920s by over two million American Freemasons who wished to inspire humanity by promoting the virtues, character & vision of George Washington, Man, Mason & Father of our Country. <i>Bring money for lunch in Old Town Alexandria after.</i> Wednesday, March 11                      Depart: 10:00 am                      Approximate Return: 3:00 pm	\$TBA
	<b>Clara Barton National Historic Site &amp; Lunch at The Irish Inn (Glen Echo, MD)</b> Explore this newly renovated Site, including the Clara Barton House, established in 1974 to interpret the life of Clara Barton, American pioneer teacher, nurse, humanitarian & founder of the American Red Cross. Guided tour by National Park Ranger, followed by <i>lunch at The Irish Inn, included in trip price.</i> Friday, March 20                      Depart: 10:30 am                      Approximate Return: 4:00 pm	\$TBA
	<b>Riverside Dinner Theater: <i>Bright Star</i> (Fredericksburg, VA)</b> Gorgeous bluegrass melodies, a leading lady's incandescent star turn, all-around terrific supporting performances, ingenious staging, and a plot straight out of a 1930s/40s Hollywood weeper will have you crying joyful tears. Music and lyrics by Steve Martin and Edie Brickell. <i>Plated lunch included.</i> Wednesday, March 25                      Depart: 10:30 am                      Approximate Return: 5:00 pm	\$TBA

## APRIL 2020 TRIPS – Registration begins February 10.

	<b>National Symphony Orchestra Coffee Concert at Kennedy Center (Washington, DC)</b> Russian pianist Denis Kozhukhin performs a most-loved concertos, Grieg's Piano Concerto. Conducted by Gustavo Gimeno, the program also includes Shostakovich's brilliant Symphony No. 1. <i>Bring money for coffee and pastries in the KC Café, prior to the performance.</i> Friday, April 3                      Depart: 9:30 am                      Approximate Return: 2:00 pm	\$TBA
	<b>Cherry Blossom Cruise aboard the <i>Spirit</i> (Washington, DC)</b> Celebrate the history and beauty of our decorated Potomac River bank. Enjoy a bountiful buffet and DJ entertainment as you cruise past famous cherry trees and historic views! <i>Buffet lunch included.</i> Wednesday, April 8                      Depart: 10:00 am                      Approximate Return: 3:00 pm	\$TBA
	<b>Arena Stage: <i>Seven Guitars</i> (Washington, DC)</b> Set in 1940s Pittsburgh, seven lives interconnect when friend & blues singer Floyd Barton vows to turn his life around after a surprise windfall. August Wilson's fifth cycle play, infused with deep soaring blues rhythms, pits the desire for a better future against harsh realities. Post-show discussion immediately follows. <i>Pack a lunch, preorder lunch directly from Arena Stage, or bring money for concessions.</i> Wednesday, April 15                      Depart: 10:00 am                      Approximate Return: 5:00 pm	\$TBA
	<b>Baltimore &amp; Ohio Railroad Museum and One Mile Express Ride (Baltimore, MD)</b> All aboard for a ride on the One Mile Express! Visit the oldest, most historic and most comprehensive American RR locomotives and rolling stock, historic buildings, and small objects that document the impact of the B&O Railroad on the growth and development of early railroading. <i>Bring money for lunch afterward in Baltimore.</i> Wednesday, April 29                      Depart: TBA                      Approximate Return: TBA	\$TBA

Fairfax City Parks and Recreation Department will comply with the Americans with Disabilities Act (ADA), which prohibits discrimination on the basis of disability. Fairfax City Parks and Recreation Department will make reasonable accommodations in recreation programs to enable participation by an individual with a disability who meets essential eligibility requirements for that recreation program. The ADA requires that recreation programs offered by Fairfax City Parks and Rec Department be available in the most integrated setting appropriate for each individual. Requests for accommodations must be made no later than trip registration date.

# **NEW! Senior Center Happenings!**

**Come in out of the cold and check out the new programs this winter in the Senior Center:**

## **Book Club**

If you enjoy reading and baking this is the club for you! OPEN TO ALL! Starting January 2020. There will be an interest meeting Thursday, January 9<sup>th</sup> 2020 at 2:00pm – 3:30 pm, Green Acres Room 112. Please RSVP... sign up on the clipboard in lobby!

For further information please contact Mary Nacik Fazio. Call: (703) 323-3650. Email: [MaryNacik@hotmail.com](mailto:MaryNacik@hotmail.com) Text: (254)291-0578



## **Open Basketball Play**

Thursdays, 8am-9am. Come, play and shoot in the gym. Look for Gerry who will assist with this activity. Ball will be available, but please feel free to bring your own.



## **World Religions**

Religion in our lives, our society and the world affects everyone and understanding other religious points of view can only benefit us! Join us in discussions to find common ground as we learn, broaden and understand how others approach this fascinating topic.

Meetings will be held 11:00 am – 12:00 pm on the third Tuesday of each month in Room 110.

Next gathering Jan. 21.

Topic: *What Happens After You Die?*"

## **Millennium Art Guild**

**Each month, the Millennium Art Guild will display a painting from one member in the Green Acres Center lobby!** We hope to rotate a member's painting or artwork on a monthly basis. The Millennium Art Guild meets from 1-4 pm every Thursday afternoon in Room 110 and welcomes newcomers! All painting mediums are encouraged to be represented. Each member brings their own art supplies, and pursues their individual projects. There is plenty of light, space, and water in Room 110 to accommodate all. Join us and explore your creativity in a comfortable, informal setting. For information, call Shirley Staples at 703-218-3172.



# **Senior Center Advisory Council**

The Young at Heart Seniors' Advisory Council members are Volunteers who work as a group with the staff to enhance the programs and activities of the Fairfax City Senior Center.



## **The following are the Senior Council Members above for the 2019-2020 year:**

Pete Pollak, Sigrid Schipper, Jeanette Mason, Kim Chu, Susan DiMaina, Samuel Crumpler, Pat Hyland, Sandy Moshos, Jayne Jackson, Jay Lamb, (not pictured) Charles Spasaro.

### **Officers:**

**Chair:** Sam Crumpler; **Vice Chair:** Pat Hyland

**Secretary:** Charles Spasaro; **Treasurer:** Sandy Moshos;

Sandy Moshos is our **Liaison to Parks and Recreation Advisory Board (PRAB).**

**Senior Council Meetings are held the 3rd Tuesday at 1:00 pm monthly  
at Green Acres Center in Room 110.**

***Senior Center members are always welcome to attend!***

***Copy of the Senior Council minutes are in a notebook in the Senior Center.***

## **Fairfax City Senior Center Committees**

All meetings are held at the Green Acres Center:

**Day Trip Committee** – Suggest day trip destinations: 1<sup>st</sup> Friday quarterly at 1:30pm, as needed.

**Hospitality Committee** – Volunteers help with Parties + Decorate Sr. Ctr: 2<sup>nd</sup> Tuesday at 1:00pm.

See monthly calendars for changes to schedules.

## **Fairfax Host Lions Club shows Support for our Seniors!**



The **Fairfax Host Lions Club** sponsors our Bingo games here at the Senior Center. We also collect usable glasses and hearing aids in the main Senior Center area to pass onto the Lions for their ***Recycle for Sight*** program. Fairfax Host Lions Club alone collects about 10,000 pair of glasses per year at more than 40 collection sites in the City - taking them to the Eyeglass Recycle Center each month.

For more information on this wonderful community service organization, visit the **Fairfax Host Lions Club:**

Website: [www.fairfaxlions.org](http://www.fairfaxlions.org) or send an email to: [lionsffx@msn.com](mailto:lionsffx@msn.com)

***For more information about volunteer opportunities, please see the staff in the Senior Center***

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# Upcoming Events sponsored by the Senior Council

## **Young at Heart Photo Contest**

### ***Volunteer Coordinator Needed!***

Photographs must be taken between  
January 1st and September 18, 2020.

Categories include:

- ❖ Friends and Family
- ❖ Nature
- ❖ Travel
- ❖ Around Our City – Fairfax City only.



□ Contest is open to members of the Fairfax City Senior Center.

□ An Entry Form with Rules are available at Green Acres Center in the rack between the restrooms.

□ All Entries Due to the Senior Center staff by 12 noon on Friday, September 18, 2020.

□ Prizes will be awarded for each category on Friday, October 2, 2020 at 12:30 pm in the Senior Center. The actual prizes will be determined prior to the completion of the contest and may include printing in our Senior Center newsletter or another Fairfax City publication. Each 4x6" glossy print must be accompanied by an Entry Form: must be submitted by noon on Friday, September 18.

## **APPRAISAL EVENT – WHAT IS IT WORTH?**

**Saturday, March 21 10:00 am-12:30 pm**

**Location:** Sherwood Center, 3740 Old Lee Highway,  
Fairfax, VA

**Admission Fee:** \$5 plus \$5 per item (limit 4).

Fairfax City's Senior Center's Young at Heart Senior Council is sponsoring this annual fundraising Appraisal Event. This is the perfect opportunity to discover whether you have a true, valuable treasure, or just a nice keepsake.

Are you curious about the value of an inherited or bought piece of furniture, painting or jewelry? Come and learn whether you have a real "Gem!" plus pick up tidbits of information that helps determine its value: Roman nose on a cameo? Hand-planed and types of fasteners of what period? Are the pearls smooth? You will be able to get verbal appraisals of jewelry, glassware, crystal, paintings, small furniture and your favorite knick-knacks. If the item is too large, take a picture of it and bring the photo in. Make sure you capture all the good features of the item, as well as any defects it may have.

This Appraisal Event will help you decide whether or not you should keep the item to pass onto your family, or donate it. Do you have a hidden treasure???



For more information, please contact the Fairfax City Senior Center at 703-273-6090, or chair Jeanette Mason at [jeanette.mason39@cox.net](mailto:jeanette.mason39@cox.net)

Our staff looks forward to seeing you soon!

Fairfax City Senior Center Staff from Left to Right:

Rocio Vargas, Kira Urano, Kristen Tucker, Anne Chase, Kathy Carter, Jann Richards-Weltman

Not pictured: Jill O'Regan



**Join us at the City of Fairfax Senior Center -**  
***Meet New Folks, Get Involved, and Make Memories!***  
**Call the Green Acres Center for details:**  
**703-273-6090**

Class information can be viewed on the web pages below and listed in the *Park & Rec Connected!*  
<https://www.fairfaxva.gov/government/parks-recreation/the-young-at-heart-senior-center>

**Fairfax City offices and Senior Center will be closed on observed 20 Holidays:**

Monday, January 20, 2020 – **Martin Luther King, Jr Day**

Monday, February 17, 2020 – **President's Day**

**AMERICANS WITH DISABILITIES ACT**

The City of Fairfax is committed to making reasonable accommodations as required by the Americans with Disabilities Act. To request a reasonable accommodation for any type of disability, call 703.385.7858

